

Hear what riders are saying

Bet you can't do just one Ride! After 35 Rides, I'm inspired more each time. This program is an experience of a lifetime you don't want to miss!

Barry Falcon



No matter the destination or the distance, finishing the Ride is a beautiful and heartwarming moment that brings me back each year.

Victoria Cumbow



Ride events are life-changing. The staff, coaches and fellow riders offer the support and encouragement to help you achieve that which you previously believed to be impossible. Come join our 'Ride family.'

Scott Morris



Ride to turn **type one** into
typenone

Bet you can't do just one Ride. When you ride with us, you'll help JDRF support research to remove the daily burden of this disease, until there is a cure. Our dedicated riders have raised more than \$30 million to date—but there's still more to do.

Register today at ride.jdrf.org

Contact your local Chapter at **888-533-9255**

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.
RIDE TO CURE DIABETES



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RIDE TO CURE DIABETES

**RIDE WITH US
TOWARD A WORLD
WITHOUT T1D**

Learn why you should join us at ride.jdrf.org



We're with you every mile of the way

JDRF Ride to Cure Diabetes is a destination cycling event in one of seven stunning locations across the United States. Every year, riders come together to raise critical funds to help JDRF find a cure for type 1 diabetes (T1D). JDRF Ride is more than just a bike ride. It's an unforgettable experience where you'll be surrounded by a passionate T1D community of cyclists, friends and family.

Once you register for JDRF Ride, you'll receive support at every stage. This includes a custom training program from a USA Cycling-certified coach and tips from our fundraising experts to help you meet your goals. Whatever your skill level, whether you choose to cycle 25 or 100 miles, JDRF has a Ride for you.

Choose from 7 spectacular locations

You'll join fellow riders in lively seminars, excursions around town and team celebrations leading up to Ride day.



Burlington, Vermont

July 7 - 10, 2016

 UP TO 100-MILE COURSE OPTION
3,294' ELEVATION GAIN

Explore some of New England's prettiest roads, farms and historic villages as you ride through the Champlain Valley. This moderately challenging course, with rolling hills and several different mileage options, is perfect for beginner cyclists, seasoned veterans and everyone in between.



La Crosse, Wisconsin

August 11 - 14, 2016

 UP TO 100-MILE COURSE OPTION
2,177' ELEVATION GAIN

Nestled between the bluffs of Wisconsin and the majestic Mississippi River, you'll enjoy scenic views as you cross two bridges and three states. This route is relatively flat, making it one of our most family-friendly rides—and ideal for new cyclists.

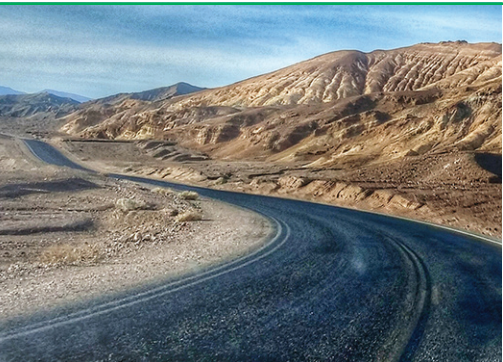


Tour de Tahoe, Lake Tahoe, California

September 9 - 12, 2016

 35- OR 72-MILE COURSE OPTION
4,454' ELEVATION GAIN

Be a part of JDRF's team of cyclists who join the Tour de Tahoe to revel in the fresh mountain air and incredible beauty of Lake Tahoe. Recreational riders can mix in some sightseeing on the 35-mile course option, while seasoned cyclists may tackle the challenging climbs of the 72-mile ride around the lake.



Death Valley, California

October 13 - 16, 2016

 UP TO 102-MILE COURSE OPTION
3,233' ELEVATION GAIN

Death Valley—with its eerie panorama of salt flats and elevations—has become a favored destination for nature lovers interested in navigating unique terrain. Expect extreme conditions, a challenging climb up Jubilee Pass and a Ride you won't soon forget.



Gran Fondo Hincapie, Greenville, South Carolina

October 20 - 23, 2016

 UP TO 80-MILE COURSE OPTION
5,486' ELEVATION GAIN

The Gran Fondo Hincapie is one of the premier Gran Fondos in the country, which is why it draws in both seasoned riders and stars of the cycling world. Join JDRF's team of riders and choose from three course options along the scenic Blue Ridge foothills—including a challenging 80-mile course that is sure to put fans of climbing to the test.



Amelia Island, Florida

October 27 - 30, 2016 **SOLD OUT**

 UP TO 100-MILE COURSE OPTION
775' ELEVATION GAIN

Amelia Island is an oasis in Northeast Florida, where you can expect to cycle along pristine beaches, over marshlands and through beautiful maritime forests. The forgiving flat terrain makes this Ride a perfect option for families and newer cyclists.



El Tour de Tucson, Tucson, Arizona

November 17 - 20, 2016

 40-, 55-, 75- AND 104-MILE COURSE OPTION
3,382' ELEVATION GAIN

Join JDRF's team of riders in one of the largest—and most revered—century rides in the country. Whether you're a recreational cyclist or a weekend warrior, you'll enjoy the beautiful mountain vistas and desert charm this ride has to offer. Riding alongside thousands of cyclists, it's impossible not to be taken in by the comradery you'll find along the four fantastic routes.